**EAST VALLEY NA**

**PRESS RELEASE**

**Eighth Edition for 2020**

**February 2020**

**Publication of the East Valley Area Newsletter Committee of Narcotics Anonymous**

Editors Note: This newsletter contains the opinions of some of the members of Narcotics Anonymous (NA). In the NA beliefs of freedom, empathy and awareness; our hope is to provide their writings in the spirit of sharing and caring, giving our readers the written expressions of other members’ views on N.A. literature, their N.A. experiences and how N.A. is working for them.

**Groups in Need of Support:**

Home Sweet Home Group, {O, DISC, STEP, SPK, JFT, H, BT} M-Sat 5:30PM
Community Christian Church 1701 S. College Ave, Tempe, 85281

NA on Main, {O, DISC} Sat. 4PM 1045 E. Main St., Mesa, 85203

Recovery And Beyond has their Birthday Meetings on the 1st and 3rd Sundays of every month at 7PM
245 West Mahoney ave, Mesa,Az

Gilbert Solutions Group {O, JFT, H}
Thurs. 7PM Gilbert Presbyterian Church 235 E. Guadalupe Rd. Gilbert. 85234

**Fellowship Events**


8th Annual Arizona NA Men's Spiritual Retreat
When: Feb 13 – 16, 2020
Where: Franciscan Renewal Center, 5802 E Lincoln Drive, Scottsdale, Az 85253
Description

www.TheMensRetreat.Org

Guided Meditation every Morning and Evening
Walk the Labyrinth and Healing Gardens.
4 Speaker Meetings and 3 Campfire Meetings

For more information contact:
Jim G: 602-763-4019 or
Vince G: 480-234-9292
Sponsored by Straight from the Heart

For more info on events in the Valley http://www.arizona-na.org/calendar

Local Service Tools

Resources – where to find more information

Recordings and materials from Rural Service web meetings and locally developed resources related to rural and isolated service
www.na.org/ruralservice

www.na.org/localresources
General service resources, including many locally developed materials Informational pamphlets and booklets in various languages, including The Group Booklet
www.na.org/ips

A wide range of NA service material, including service pamphlets that offer guidance to groups on commonly encountered challenges
www.na.org/servicemat

Service handbooks, including a section on “Area Committees in Rural Communities” on page 65 of A Guide to Local Services in NA
www.na.org/handbooks

Meeting information, local websites, and helplines. (For phone- or web-based meetings, choose “Phone” or “Web” from the Country drop-down menu in the “NA Meeting Search” window.)
www.na.org/meetingsearch

– Subscribe to NAWS periodicals and email updates www.na.org/?ID=elit
– Links to purchase electronic versions of NA books
www.na.org/subscribe

– Public relations materials to assist in developing relationships with organizations and professionals that refer addicts to NA
www.na.org/pr

– Materials to help facilitate discussions on topics of interest to the NA Fellowship and its members and service bodies
www.na.org/IDT
I recommend reading a book called *THE GO-Giver*, by Bob Burg and John D. Mann. These 5 laws were taken from the book and can help in your recovery.

1. The Law of Value:
   “Your true worth is determined by how much more you give in value than you take in payment”.

2. The Law of Compensation:
   “Your income is determined by how many people you serve and how well you serve them.”

3. The Law of Influence:
   “Your influence is determined by how abundantly you place other people’s interest first”.

4. The Law of Authenticity:
   “The most valuable gift you have to offer is yourself.”

5. The Law of Receptivity:
   “The key to affective giving is to stay open to receiving”.

This book helped me open myself up to the power of giving, and by putting other addicts first and continually adding value to their lives—Ultimately leads to unexpected returns!

As a go getter, you have an I or Me focus, but as a Go Giver you have an Others focus.

**This is only recommended to those addicts who have worked on themselves first through the 12 steps of NA!**

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**Headache Relief Without Drugs**

Relief from incapacitating tension, vascular, and migraine headaches is without drugs, using a self-administered form of acupuncture known as acupressure.

The Technique: Exert very heavy thumbnail pressure (painful pressure) successively on your nerves lying just below the surface of the skin at key points in your hands and wrists. As with acupuncture, no one’s sure why it works.

Pressure points to try:
1. The Triangle of your flesh between your thumb and index finger on the back of your hands.
   (thumb side of bone, near the middle of your second metacarpal in the index finger).
2. Just above the protruding bone on the thumb side of your wrist.

The Boardroom Publisher 1997

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**Committee Announcements**

East Valley Area Committee Meetings meet the 2nd Sunday of every Month starting at 1pm-5pm @ Tempe Escalante Center. 2150 E. Orange St., Tempe, 85281

When: The 2nd Sunday of every month, 1pm – 3pm

**East Valley H&I**

Where: Tempe Escalante Center, 2150 E. Orange St. Tempe 85281

February 9th, 2020

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**NA Jokes and Sayings**
Sometimes we get together just to have fun.
I got a Sponsor who has taught me to laugh and have fun again without using drugs.

A real friend is someone who walks in when the rest of the world walks out.

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other guy takes out his phone and calls the emergency services.

He gasps: "My friend is dead! What can I do?" The operator says: "Calm down, I can help. First, let's make sure he's dead." There is a silence, then a gunshot is heard. Back on the phone, the guy says: "OK, now what?"

Why females should avoid a girls night out after they are married!

The other night I was invited out for a night with "the girls." I told my husband that I would be home by midnight, "I promise!"

Well, the hours passed and the margaritas went down way too easy. Around 3 a.m., a bit loaded, I headed for home. Just as I got in the door, the cuckoo clock in the hall started up and cuckooed 3 times. Quickly realizing my husband would probably wake up, I cuckooed another 9 times. I was really proud of myself for coming up with such a quick-witted solution, in order to escape a possible conflict with him. (Even when totally smashed ... 3 cuckoos plus 9 cuckoos totals 12 cuckoos = MIDNIGHT!)

The next morning my husband asked me what time I got in, and I told him "Midnight." He didn't seem too mad at all. Whew! Got away with that one! Then he said, "We need a new cuckoo clock." When I asked him why, he said, "Well, last night our clock cuckooed three times, then said, 'Oh. Shit!,,' cuckooed 4 more times, cleared it's throat, cuckooed another 3 times, giggled, cuckooed twice more, and then tripped over the coffee table and farted."
If it weren't for the last minute, nothing would get done...

I ain't saying the customer service in my bank is bad, but when I went in the other day and asked the clerk to check my balance...she leaned over and pushed me.

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**It Works How and Why: The 12 Steps of NA**

Step Eleven: “We sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out.”

Early in my first marriage, my husband began using. His drugs of choice were not mine and he kept his drugs, out of the house, so I continued to live with him, determined to “wait it out” while I finished college.

I asked my sponsor what to do. She never gave me advice. She simply recommended that I “Stay in Step 11 and pray for the knowledge of God’s will and the power to carry it out.” Then she added, “You might not get both at the same time.”

She was right. I struggled through the marriage for another two years, attending our sister Fellowship of Naranon for guidance and trying to, as they recommended, “detach with love.” One day after he had just finished another stint in treatment, he used again. It became clear to me: He did not want to get clean. My wishing him clean was not going to work, ever. He had to want to get clean.

In that moment I experienced Step 11 in a new way. I knew I had both the knowledge of my Higher Power’s will and the power to carry it out. I left the marriage, moved to a new area to begin a new career, and stayed clean.

Step 11 is a way to practice the acceptance of our powerlessness. As our Basic Text tells us, “We become willing to let other people be what they are without having to pass judgment on them. The urgency to take care of things isn’t there anymore.”

We can ask for guidance and wait, even when it takes a long while for the answers to come.

Nancy G. West Valley Newsletter

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**Phoenix Area Helpline**

East Valley Area: PO Box 5264
Mesa, AZ 85211
Help Line: (480) 897-4636
EastValley@Arizona-NA.org

Tri-area helpline, serves Phoenix, East Valley and West Valley. We meet on the third Monday of the month at 7PM at the Paradise Bakery & Cafe, 1125 East Glendale Avenue, Phoenix, AZ., 85014

**Arizona Regional Service Committee**

PO Box 1351
Phx., AZ., 85001
http://arizona-na.org
Phx phoneline: 602-325-4702
Would You Like to Contribute to the Newsletter?

We are always looking for contributions from our membership. Each month we seek an article for the steps, traditions and the concepts for that month. Do you have something to say?

You don’t have to be an Edison to contribute. Just send your news article to: PositiveBarry@gmail.com for consideration. We may edit slightly for clarity and length, but your voice will be heard.

NA BIRTHDAYS

Justin C. 2/4/2011 480-993-5329
Tony G. 2/4/2016 480-280-9853
Robert B. 2/14/1991 480-313-0620
Theresa F. 2/17/2013 602-478-3634
Walter J. 2/17/2014 480-294-9806
Christal M. 2/23/1989 907-242-5208
JD H. 2/24/2010 602-475-8301
Chris L. 2/24/2017 480-992-0728
Leon B. 2/28/2015 480-233-2656
Christopher R. 2/28/2018 480-930-3487
Laura W. 3/1/2015 480-296-8439
Carrie L. 3/3/1996 480-363-9399
Marty w. 3/3/2013 480-785-6136
Sara R. 3/5/2000 623-221-6841
Meg M. 3/5/1998 505-980-4636
Rose W. 3/10/1990 480-580-0350

Periodicals and NA Newsletters

Welcome to Reaching Out! Whether you are an NA member, a professional who works with recovering addicts, an incarcerated member or a member who provides Hospital and Institution service, this NA World Services newsletter may be a resource for you. Reaching Out in its design helps incarcerated addicts connect to the NA program of recovery, enhances H&I efforts and offers experience from members who successfully transitioned from the ‘inside’ to be productive members of society. The section “From the Inside” is filled with letters and artwork from incarcerated addicts who share their experience, strength and hope as they find and maintain recovery from addiction through NA. “From the Outside” section features stories from members who are living drug free in the community and have previously been incarcerated. Often, there is artwork from members on the ‘outside’. Additionally, this section offers experience from H&I members who value and are deeply
committed to carrying the NA message of recovery to addicts who are unable to attend regular NA community meetings. These letters are inspirational for many as they offer hope for a new way to live and they provide evidence of the efficacy of the NA program for any reader. 
https://www.na.org/?ID=reaching-out-index

Dear Reaching Out, My name is TR and I am an addict. I have been incarcerated for seven months as a direct result of my relapse. I have been battling my disease for the last 17 years. This led me in and out of prison. I was first introduced to NA through institutions. When I was released in 2002, NA had changed my life. I attended meetings regularly, I got a sponsor who guided me through the Twelve Steps, I joined a home group, and I was of service at a group level. NA has truly saved my life, time and time again. I’m due to be released in four months, free from the system for the first time in 17 years. I am truly grateful for my support group, sponsor, and Higher Power. Because of NA, I have a solid foundation to lean on. With the help of NA, I never have to use again upon my release. This is for the addict who still suffers: With NA you never have to be alone or use again. Thank you, Reaching Out, for the hope you give to incarcerated inmates. TR, Pennsylvania, USA

The Traditions – Purified

1. Our common welfare should come first; personal recovery depends on N.A. unity, which can best be achieved by imposing a common grammar and body of dogma upon all members.
2. For our Group purpose there is but one ultimate authority—the joint will of a small group of like-minded people.
3. The requirements for membership are as follows:
   a. Willingness to repeatedly trumpet the superiority of Narcotics Anonymous over all else in the world,
   b. A desire to talk properly,
   c. Additional membership in an approved sponsorship chain, to include knowledge of the secret hug,
   d. Oh yeah—a desire to stop using.
4. Each group should be autonomous unless it fails to
take sufficiently rigid steps to drive away those addicts who think or talk wrongly, in which case measures (including formal excommunication) should be taken to bring it into compliance with the One True Faith.

5. Each Group has but one primary purpose—to carry the message of “extraspecial” recovery to those addicts who mistakenly think they are already recovering but are really just staying clean and working the steps.

6. No N.A. group or individual member should ever mention or acknowledge the existence of any related facility or outside enterprise, even in passing, lest we might fail to maintain the pretence that we are the only game in town.

7. Every N.A. group ought to be spiritually self-supporting, declining to accept experience from any but its own members or approved gurus from the appropriate sponsorship chain.

8. Narcotics Anonymous should remain forever nonprofessional, except that a close relationship should be maintained with those members of the fellowship who traffic in N.A. related paraphernalia and knick-knacks, it being our responsibility to keep their recovery profitable.

9. N.A., as such, ought never be organized, except where the right viewpoint can prevail by using service boards and committees as a tool to manipulate and control the groups.

10. N.A. has no opinion on outside issues, except when they take the form of negative opinions of other fellowships or views of addiction, in which case the louder the better.

11. Our public relations policy is based on promoting ourselves as the only possible solution.

12. N.A. members should always wear a sufficient amount of N.A. regalia to function as walking N.A. billboards. This is perfectly compatible with our interpretation of anonymity. Our leaders are important folks, damn it, and we are important by association. And remember—There’s exactly one right way to do everything, and we know what it is.

(Basic disclaimer. We believe that the above is intended as satire. Please do not take it as a remotely serious interpretation of the traditions—ed.)
OUTREACH SUBCOMMITTEE

Join the Outreach Subcommittee in their monthly meeting. It’s here that we will plan to visit various groups and serve the fellowship of Narcotics Anonymous!

Meet the 2nd Wednesday of the Month at 7PM
646 E. 10th Drive
Mesa, AZ. 85204
Eric R. 602 477-9223
Tony G. 480-280-9853

East Valley Area H & I
Meeting Co-Chairs Wanted
For Florence Prison
Prison Guidelines: Men Only.
3 years off Probation/Parole
Volunteer application to be filed.
Contact: Marty W. 602-672-9861

EAST VALLEY ACTIVITIES PRESENTS

OUTREACH SUBCOMMITTEE

Skyline Serenity
HIKE

NA meeting and hike at:
HIEROGLYPHIC Trail
4th SATURDAY
FEBRUARY 22, 2020

WE Meet
AT EREVERE PARK AT 5th ST. & COUNTRY CLUB RD. IN MESA 9:15 AM
AND LEAVE AT 9:30 AM
WE MEET AGAIN AT WALGREENS AT KINGS RANCH RD. AND US 60 AT 10:30 AM. WHERE WE CARAVAN TO THE TRAIL HEAD.

DIRECTIONS
TAKE HWY 60 EAST PAST APACHE JUNCTION UNTIL YOU GET TO KINGS RANCH RD. ON LEFT (WALGREENS)
HEAD NORTH PAST BASELINE RD. FOLLOW PAVED RD
AND SIGNS FOR “TRAIL HEAD” TO THE NORTH,
THEN EAST, THEN NORTH, THEN WEST, THEN NORTH,
THEN EAST, WILL END AT A PAVED PARKING LOT
CARAVAN LEAVES WALGREENS AT 10:45
HIKE IS 3 to 4 MILES ROUND TRIP

BRING: Newcomer, Water, Lunch, Camera, and P.M.A.
Let us know to expect you Call: Chuck H 480-236-4859

See the early Spring Flowers, Pictographs, and Petroglyphs